



How to Spot Hidden Alcoholics: Using Behavioral Clues to Recognize Addiction in Its Early Stages

Doug Thorburn

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For those who may have alcoholics in their personal or professional lives, this book describes the indicators of alcoholism, many of which seem too subtle and innocuous to suggest addiction. Listing more than 80 alcoholic forms of behavior and clues, such as the supreme-being complex and mental confusion, this guide links physical signs and behavioral changes to the various stages, explaining the brain chemistry that impels the afflicted person to drink addictively and act destructively. A compelling case for awareness and identification of alcohol-related symptoms and an attempt to avoid tragic and unsatisfactory events and outcomes, this behavioral examination is supplemented with endnotes, a bibliography, and recommendations for courses of action. The research conducted for this book incorporated extensive interviews with medical professionals and hundreds of recovering alcoholics.

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